

Wellness Day Packages

— Elevating luxury through well-being —



Life Force luxury wellness program is now available to ER members in the privacy of their vacation villa.

Customized wellness experiences led by our dynamic team of yogis, nutritionists/chefs, and body work specialists will transform a memorable, Exclusive Resorts experience to a life changing event and a step towards a sustained sense of balance, health and well-being.

Programs will focus on integrating the cornerstones of wellness into the ER Member's stay. Luxury can be redefined in an environment created to take relaxation, restoration, revitalization, and leisure to the next level.

Our programs will focus on creating balance of the body, mind, and spirit for members experiencing high stress levels, intense workout regiments, aging, toxicity & illness, weight issues, or simply for members who want to explore new ways to experience wellness travel.



Initial services will include the following packages:

- Rejuvenate & Renew
- Restore & Relax
- Detox & Weight Release
- Deep Relaxation & Stress Reduction
- Sustained Mobility & Health



Individual Pricing
\$450 per Wellness Day
Advance Booking
of at least 2 weeks



All Wellness Day Packages are curated based on members' preferences and can include:

- Private and Customized Yoga Class - 60 minutes
- Meditation Instruction - 30 minutes
- Customized Signature Body Treatment - 60 minutes
- Breakfast and Dinner prepared by Private Chef/Nutritionist
- Personalized Nutritional Evaluation, Diet Plan, and Recipes

Rejuvenate & Renew

An Ayurvedic Experience



A relaxing yet refreshing experience generating a renewed sense of vitality in the body, mind, and spirit.

The Focus:

Vitality, Rejuvenation, Balance, Purification, Anti-Aging, Longevity

Included:

Hatha Yoga, 4 Hand Ayurvedic Oil & Massage Treatment, Gourmet Ayurvedic Menu and Nutritional Evaluations



The Experience:

- Practice Ayurvedic based Hatha Yoga and honor the natural rhythms of nature creating balance while easing impressions of physical, mental and emotional stress.
- Rejuvenate through traditional Ayurvedic body work and therapies once reserved for the only the royalty of India. These ancient healing arts have detoxifying, nourishing, and balancing effects.
- Enjoy customized nutritional Ayurvedic evaluations and a delicious, contemporary Ayurvedic menu designed to aid digestion, reduce inflammation, and renew body, mind, and spirit.

Restore & Relax



A refreshing and therapeutic approach to restoring the aches and pains of the body while balancing the mind and spirit.

The Focus: Realign, Restore, Heal, Relax

Included: Restorative Yoga or Ariel Yoga, Functional Nutrition Menu, Thai Massage or Myofascial Release Therapy or Restorative Massage



The Experience:

- Practice restorative and aerial yoga to ease the impressions of stress resulting from travel, poor sleep, injuries and illness through a series of unique postures supported by bolsters, blocks and blankets or aerial hammocks. Heal through inversion therapy, decompression stretches, or an "air savasana" experiencing a deep meditative state of relaxation.
- Experience Food as Medicine with customized nutritional evaluations and food designed to aid in relaxation, reduce inflammation and restore the body, mind, and spirit.
- Restore through traditional Thai Massage using pressure point stimulation and targeted stretching to relieve muscle pain, restore physical alignment, renew the body's energy flow while reducing tension and stress.
- Relax with a session of Tibetan Sound Healing using sound and vibrational healing powers to tune the body to its natural frequency.
- Enjoy a Restorative Deep Tissue Massage, combining essential oils and restorative techniques to balance the body.



A gentle approach to cleansing our physical and emotional bodies.

The Focus: Cleanse, Self-Care, Rebalance, Improved Immunity, Disease Prevention

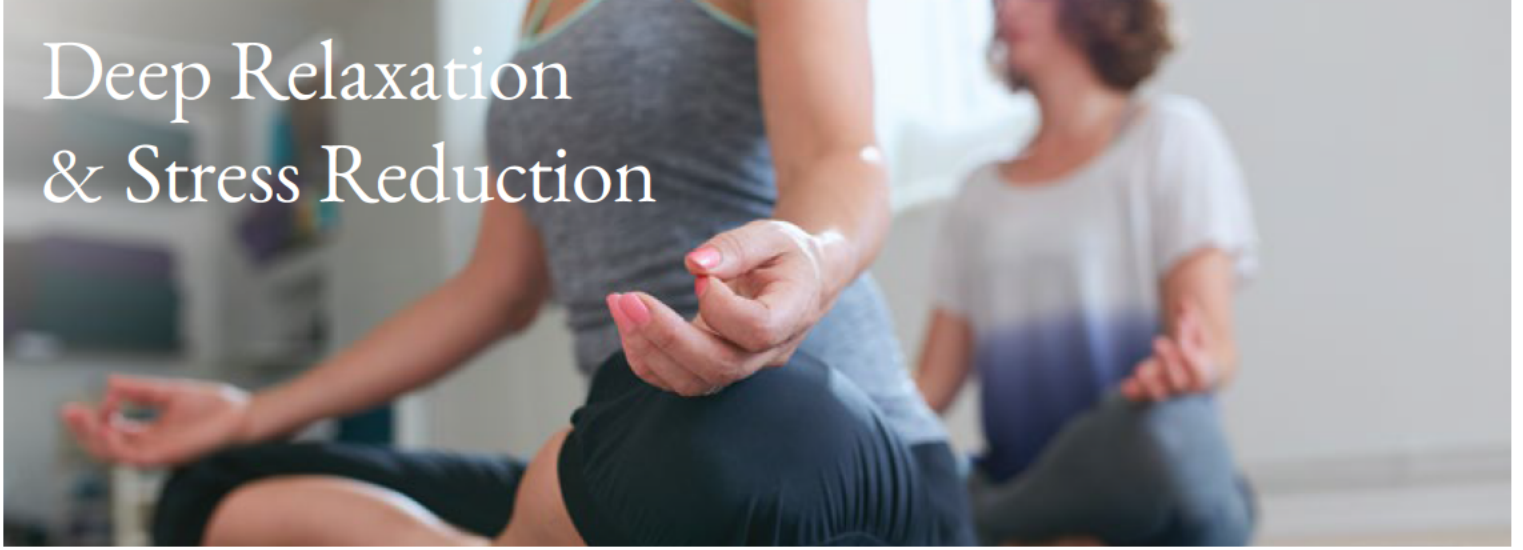
Included: Customized Yoga Detox Flow, Whole Food Detox Menu/Evaluation/Meal Plan, Ayurvedic 4 Hand Detox Massage



The Experience:

- Practice a customized Hatha Yoga sequence comprised of a series of movement and breathing exercises designed to increase metabolic speed, aid in digestion, and detoxify the liver and kidneys.
- Enjoy a cleansing and detoxifying menu based on clean whole foods that provide the body with the highest nutritional value and help to eliminate toxins and rebalance the body's systems.
- Unwind with traditional Ayurvedic healing body work and therapies with detoxifying, nourishing, and balancing effects. Renew the body's energy flow while pampering your senses and calming the mind.

Deep Relaxation & Stress Reduction



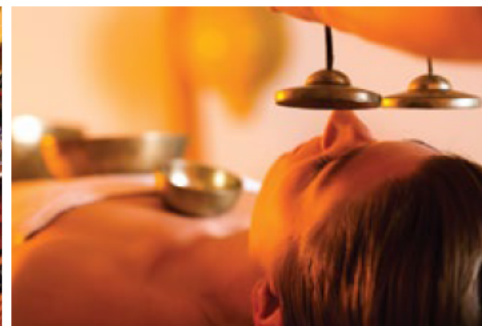
Peeling back the layers of tension and stress to achieve a balanced body and clear mind.

The Focus:

Stress Reduction, Clarity, Balance, Relaxation, Grounding

Included:

Restorative Yoga or Yoga Nidra, Custom Calming Menu, CranioSacral or Sound Healing Treatments



The Experience:

- Practice Restorative and Yoga Nidra sequences designed to calm our bodies and create a sense of deep relaxation. Whether supported by bolsters or lying down these postures peel back the residue of our daily lives and reconnect us to the primal flow of energy occurring naturally within us.
- Enjoy customized nutritional evaluations and a menu designed to aid in relaxation by reducing inflammation and increasing vitamin B, magnesium and other critical stress controlling vitamin and mineral levels in your body.
- Experience deep relaxation through Tibetan Sound Healing using sound and vibrational healing powers to tune the body to its natural frequency.
- Explore CranioSacral Therapy, a gentle touch treatment on the head and spine, calming the nervous system, quieting the mind and producing a deep meditative experience.

Sustained Mobility & Health



Discover methods to increase your physical mobility and sustain a highly active lifestyle while restoring the body and mind.

The Focus: Increase mobility, strengthen, align and restore the body while calming the mind

Included: Customized yoga sequence, Paleo menu, traditional Thai Massage or Myofascial Release Therapy



- The Experience:**
- Practice our customized yoga sequence with subtle movements that work toward easing the body's aging process. It is an approach to yoga that specializes in treating injuries, chronic pain, stiffness and hyper flexibility.
 - Fuel your body with natural, whole foods prepared in a Paleo diet fashion to reduce inflammation while energizing and encouraging muscle repair and rebuilding.
 - Work out the kinks with a traditional Thai Massage using pressure point stimulation and targeted stretching to relieve muscle pain, restore physical alignment, and renew the body's energy flow while reducing tension and stress.
 - Heal with Myofascial Release Treatment focusing on the soft tissue to improve muscle mobility and reduce pain. This slow and meditative form of massage opens, lengthens, and realigns the body by releasing the tight, constricted fascial network that supports the organs and joints.